

SPORTS

erin.smith@kirtland.af.mil

ODDS & ENDS

School sports physical appointments for the 2004-2005 school year may be made at 846-3200.



The East Fitness Center holds the U.S. Air Force Cycling Program, "Go For The Ride Of Your Life." You can win T-shirts, caps, towels and water bottles. Pick up a mileage card at the East Fitness Center. Call 846-1102.

The East Fitness Center sponsors the "Run For Your Life" program. Participants are authorized three miles a day. Incentive prizes are given for miles accumulated. Call 846-1102.

The East Fitness Center has two personal trainers on call. James Allison, Certified International Fitness Professional Association and Diane Cabral, Certified National Strength and Condition Association Personal Trainer. Cost is \$25 an hour. Call 846-1102.

The Air Force Sports Program is looking for people who excel in boxing, bowling, cross country, golf, fencing, rugby, shooting, tae kwon do, track and field, triathlon, wrestling, marathon or men's and women's basketball, soccer, softball or volleyball. Visit www.afsv.af.mil.

TRAVEL



Isotopes baseball game vouchers for the 2004 season are available at Information, Tickets and Travel. Cost is \$6. The vouchers are good for any home game except exhibition games and July 2 and 3 playoff games. Call 846-2924.

CLASSES

PT Prep is a circuit training and aerobics class combined. It is designed to keep the heart rate up while working on circuit exercises that focus on push-ups and sit-ups. The aerobic portions focus on intense exercises—jumping jacks, sprints, hustlers, shuffles, body builders—that build cardiovascular endurance to help with the PT run. PT Prep is Mondays, 6 a.m. and 4 p.m. and Wednesdays and Fridays at 6 a.m. Call 846-1102.

The Low-Impact Aerobics class begins at 9 a.m. Mondays, Wednesdays and Fridays at the East Fitness Center. Call 846-1102.

Cardio box classes are Tuesday and Wednesday, 5 p.m., at the East Fitness Center. Call 846-1073.

Indoor cycling classes are held at the East Fitness Center, Wednesday, 10 a.m. and Monday-Thursday, 6 p.m. Call 846-1073.

Water aerobics is open on a pay-by-the-day basis at no additional charge with no additional charges on pool passes. Classes are Mondays, Wednesdays and Fridays, 10-11 a.m., and 11 a.m.-noon; and Mondays and Wednesdays, 5:30-6:30 p.m.

Yoga Class is Tuesdays, noon and Saturdays at 11 a.m. The focus is more down-to-earth benefits of Yoga, including improved physical fitness, mental clarity, greater self-understanding, stress control and general well-being achieved with continuous stretching exercises. Call 846-1102.



CLUBS

The Kirtland Olympic pool offers a Masters Swim Team run by the Kirtland Aquatics Club. A great opportunity to get into shape and swim competitively, if desired. Call 271-9586.

Flag Football League practice begins today. Games will be played Monday through Thursday starting at 5:30 p.m. Cost is \$35 for members and \$45 for non-members. Call 853-5437.

Fitness Center Handball Club meets 11 a.m.-1 p.m., on courts 2 and 5 for challenge games. New members are always welcome. Contact Bob Sanchez at 846-2454 or John Nowicki at 883-3018.



Summer fun at Outdoor Pool

LEFT—Duncan Leeds, six, puts flippers on and gears up to take a dip in the pool. The pool is open Tuesday-Friday, 11 a.m.-7 p.m., Saturday and Sunday, 11 a.m.-5 p.m. and holidays, 1-5 p.m.

ABOVE—Joshua Curtis, Kirtland AFB lifeguard, sits on stand ready to lend a hand to those in need.

Photos by Todd Berenger